

Sosaties

<u>Ingredient</u>	<u>Quantity</u>	<u>Instruction</u>
white wine vinegar	¼ cup	
light brown sugar	¼ cup	
apricot jam	¼ cup	
garlic	2 tsp	minced
yellow curry powder	1 TBLSP	
turmeric	1 tsp	
bay leaves	2	
thyme	1 tsp	
sea salt	½ tsp	
ground black pepper	½ tsp	
chicken or beef	1 lb	cubed
dried apricots	10	
yellow onion	1	
red bell pepper	1	cut into large cubes

- In a large bowl, whisk together the ingredients from vinegar to black pepper.
- Toss the chicken (or beef) cubes into the sauce, cover, and refrigerator for an hour.
- Soak the dried apricots in hot water for 30 minutes to rehydrate them.
- Peel the onion. Cut off the top. Cut off the bottom in such a way as to leave the attachment. Cut the onion in half lengthwise. Cut each half into thirds lengthwise.
- Cut off the top and bottom of the pepper, and remove the seeds and white parts inside. Cut in half lengthwise, and cut one inch strips lengthwise. Cut each strip in half or thirds, depending upon the size of your pepper.
- Slide the veggie pieces and meat cubes onto skewers. For example, a piece of pepper, an apricot, a piece of meat, an onion wedge, a piece of meat, an apricot, a pepper, a piece of meat, etc.
- Barbeque the skewers on a barbeque grill or over a fire until they are done, perhaps 15 minutes, depending on how hot the fire is. Be sure to rotate them half-way through cooking to grill both sides.

NOTE: White wine vinegar is NOT the same as distilled white vinegar. Use “white wine vinegar” or “champagne vinegar.”